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## LIL WAYNE'S BIG WITH THE LYRICAL ZINGERS

WEEZY'S LATEST ALBUM I AM NOT A HUMAN II OFFERS FANS HIS SIGNATURE NOD TO THE WEED, WOMEN, BOOZE AND BRAVADO THAT HAS SHAPED SO MANY OF HIS MUSICAL RELEASES **PAGE 23**



# MORR

REWARDING



**MORRISON**  
HOMES



## PRIME PANDA-MONIUM

What's black and white all over and the centre of Prime Minister Stephen Harper's attention? Look right — there's Da Mao, one of two giant pandas that had just flown in from China on the Panda Express, a specially outfitted jetliner. Harper was officially taking delivery of Da Mao — like panda Er Shun, on loan to Canada from China — at Toronto's Pearson International Airport on Monday. "It's not every day you get to sign for pandas," the prime minister joked. The loan is the result of a deal reached when Harper visited China just more than a year ago. See why Calgary won't likely have a facility to house the pandas for a few years, page 5. HANDOUT/JASON RANSOM/AFP/GETTY IMAGES

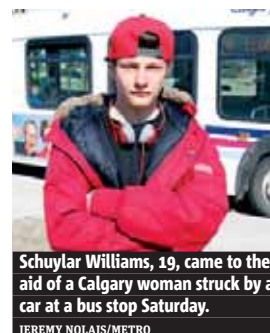
# He didn't think twice about helping victim

**Compassion.** Witnesses tied bandanas, belts around wounds in bus stop crash

Schuyler Williams was on a stroll to the liquor store Saturday when he heard the blood-curdling screams.

A car had veered off the road and crashed into a bus bench in the 6700 block of Centre Street North, right where engaged couple Anthony Irving and Miranda Buzzell were sitting.

"I didn't even know anybody had been hurt at first," Williams, 19, recalled Monday. "Then I saw her (Buzzell) lying there. She was screaming 'My leg, my leg.' I ran over and took my bandana out of my pocket and tied it around to stop the



Schuyler Williams, 19, came to the aid of a Calgary woman struck by a car at a bus stop Saturday.

JEREMY NOLAIS/METRO

bleeding."

Another bystander called 911 and a third took a cue from Williams and wrapped his belt around Irving's leg. While waiting for the medics, Williams, trained in first aid a few years prior, held Buzzell's hand tight and even tracked down a bottle of ginger ale nearby to keep her

hydrated.

EMS spokesperson Adam Loria said Williams' actions appear to have been at least "limb-saving," however, Buzzell's mother Liz has indicated her life may have even been threatened at one point.

The rallying of onlookers Saturday appears to be in stark contrast to an incident in the community of Sandstone last month that saw two vehicles run over Wong Shuk Yee and a number of others drive around the woman as she lay dying on the road. Only one Good Samaritan, Tonja Beach, came to the victim's aid. Beach later offered a blunt assessment of Calgary's fast-paced lifestyle.

"There's no compassion left in the city," she said at the time.

But Williams' effort counters that claim, Liz Buzzell says. **JEREMY NOLAIS/METRO**

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## Murder charges. Trial delayed for mother accused in babies' deaths

The trial of a Calgary woman accused of killing two of her newborn babies got off to a slow start.

Meredith Katharine Borowiec pleaded not guilty to two charges of second-degree murder, but legal wrangling forced the judge to adjourn the matter until Tuesday morning.

Borowiec, 31, was initially charged with attempted murder after a baby boy was found crying in a garbage bin in October 2010.

A few months later, police laid two second-degree murder charges against her.

Investigators have said they believe she gave birth in 2008 and again in 2009, and that both babies died soon after they were born.

Borowiec's trial in front of a judge without a jury is scheduled to last six weeks.

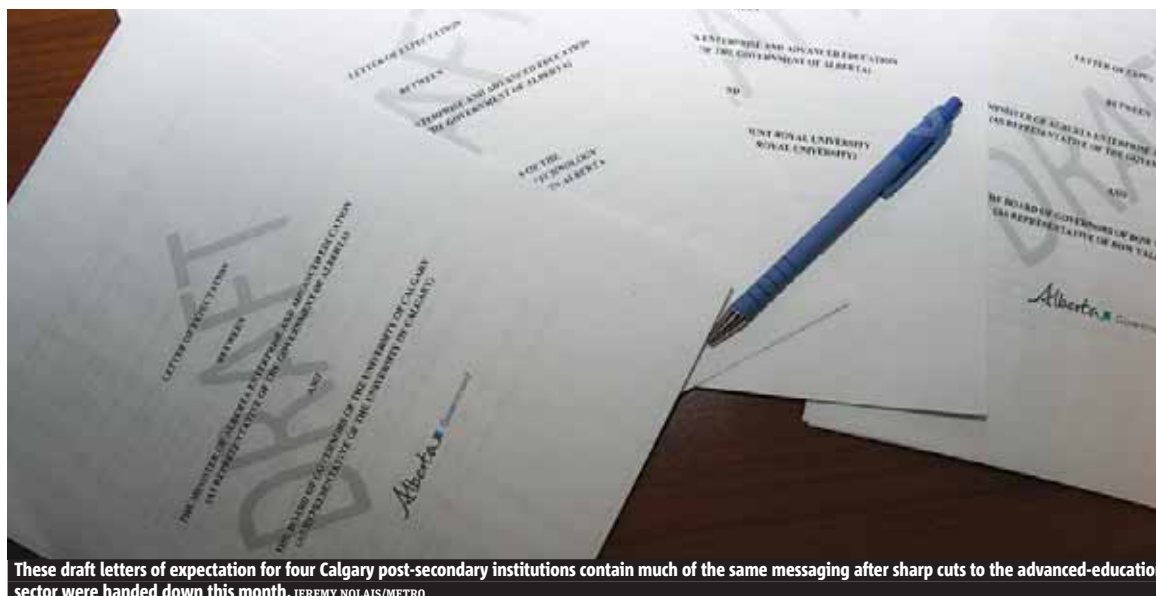
She faces a separate trial on the attempted murder charge in November.

The story of the baby found in the garbage was especially gripping because the infant's father played a part in the rescue, apparently not knowing the child was his.

The father, who told police he didn't know his girlfriend was pregnant, was on his way home when he and other passersby heard crying coming from the trash bin. They jumped in and found the infant in a garbage bag. Police and paramedics were called and the baby was taken to hospital.

The child has recovered and is healthy. Borowiec remains in custody.

THE CANADIAN PRESS



These draft letters of expectation for four Calgary post-secondary institutions contain much of the same messaging after sharp cuts to the advanced-education sector were handed down this month. JEREMY NOLAIS/METRO

# Mandate letters offer only 'high-level' goals

**Post-secondary confusion.** Some stakeholders question why all schools received near-identical notices



JEREMY NOLAIS  
jeremy.nolais@metronews.ca

Some student and faculty leaders at Alberta's post-secondary institutions were left scratching their heads on Monday as copies surfaced of the long-awaited draft mandate letters of expectation from the province.

A review of the material published online reveals that, save for a few financial details, the letters outline similar goals in programming, learning, col-

laboration and research.

"I'm shocked that they're the same — we were hoping for a little bit more," said Kaylene McTavish, president of the students' association at Mount Royal University.

The letters come weeks after the provincial budget called for funding cuts of up to 7.3 per cent in the post-secondary sector. Advanced Education Minister Thomas Lukaszuk had said the mandate letters would specify goals for each of 26 institutions in the province, with a priority placed on streamlining operations.

Reached on Monday, Lukaszuk deflected questions on why the letters were so similar, adding that government and student leaders will offer feedback and suggest revisions before the letters are finalized next

### Deep cuts

- As an example of the funding gap being faced by post-secondary institutions, the University of Calgary said last week that it will have \$110 million less than expected over the next four years.
- Meanwhile, student representatives at Mount Royal University have determined that \$1,750 less per student on campus will be available during the next school year.

month. "My job is not to micro-manage schools and tell them what they should be offering or not," he said.

At an event the same day, University of Calgary president Elizabeth Cannon told reporters the letters really set some "high-level objectives," while Mount Royal University president David Docherty said in a staff email that his school's letter "is not prescriptive in a detailed way."

But Doug Short, president of the Alberta Colleges and Institutes Faculties Association, said the letters just lead to more confusion and tension ahead of anticipated cuts to programs and campus services.

"I don't think (the government was) prepared for this at all," Short said. "I don't really think much is going to change with how these places act and operate."

WITH FILES FROM ANNALISE KLINGBEIL/  
METRO IN EDMONTON

1 NEWS



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Calgary Board of Education trustees have come under fire for voting through raises for certain staff members in tight financial times. METRO FILE

# Some CBE staff could get 6% bump

## Exempt employees.

Raises for some Calgary public school workers could be nearly triple what their Edmonton counterparts are getting

As Calgary public school trustees continue to fend off criticism for green-lighting a \$1.5-million raise package for certain employees, other metro school boards in Alberta appear on track to offer smaller pay bumps — or none at all.

The Calgary Board of Education decision to push forward the raises for roughly 220 exempt employees — ranging from superintendents and office managers, to some technical staff — came behind closed doors last week.

A spokesperson with the provincial education ministry said staff were now reviewing a report on the move after a

meeting with trustees Monday to discuss the matter and the board's opposition to a tentative teacher contract, in which instructors would accept a three-year salary-grid freeze.

And that freeze would likely mean that an estimated 45 superintendents and other senior staff with the Calgary Catholic School District would not see a raise either, said board spokesperson Janet Corsten on Monday.

Another 100 staff members with the district working in more service-oriented positions receive comparable raises to those negotiated by representative unions for others, like the Canadian Union of Public Employees, Corsten said.

CBE trustee vice-chair Lynn Ferguson said last week her organization's raises for exempt staff are intended to keep the board competitive when pursuing candidates with "highly transferrable" skills.

But the raises could total up to six per cent per staff mem-

## Money matters

- Edmonton's Catholic School District had not detailed its raises for exempt staff by press time.
- The Calgary Board of Education said the raises for its own exempt staff were not "addressed in the full group discussion" with Alberta government officials Monday morning. The board has pledged to freeze senior staff salaries for the 2014 school year.

ber if all performance measures are met, sources have told Metro.

That maximum raise is nearly triple the uniform 2.25 per cent hike that all 634 exempt staff at Edmonton Public Schools received this year as part of a three-year agreement negotiated in 2011.

JEREMY NOLAIS/METRO



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# Calgary Zoo still years away from panda facility



Pandas Er Shun, pictured, and Da Mao will come to Calgary in 2018 after a five-year stay in Toronto. ADRIAN WYLD/THE CANADIAN PRESS

**Exhibit look-ahead.** Officials have plenty of time to prepare, with bears to spend first half of Canadian stay in Toronto

With the arrival of two giant pandas in Toronto on Monday, officials at the Calgary Zoo said they likely won't start building

or renovating a facility for the bears for a few years.

Er Shun, a five-year-old female, and Da Mao, a four-year-old male, will spend the first five years of their 10-year Canadian stay in Toronto before coming to Calgary in 2018.

Dr. Clement Lanthier, president and CEO of the Calgary Zoo, said since the facility still has five years to prepare, they won't finalize designs or funding for some time.

"We'll have to repurpose

something that's existing or build something new, we don't know yet," he said. "There's a couple of options that are in front of us, but there's no need to precipitate that decision. We'll probably make that call two or three years from now."

The facility the pandas were housed at in 1988 is no longer adequate, according to Lanthier, and the new exhibit must have both indoor and outdoor components, as per regulations from Chinese authorities.

"I want all the money to be in place and the design to be ready probably two years before the arrival of the animals, so we'll have more than a year to build the facility."

Lanthier will travel to Toronto to see the pandas when they're released from quarantine.

"I think we're very lucky to be the second getting those animals and we'll be ready for sure."

KATIE TURNER/METRO

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## Drop in urban Pap-test rates leaves health officials puzzled

Health officials are baffled by what appears to be a sudden and drastic drop in the number of women getting screened for cervical cancer in Alberta — but only in the province's two largest cities.

The latest data put participation rates among Calgary women at just 60.7 per cent, down from 72.7 per cent a year earlier. Edmonton's rate was pegged at 58.2 per cent, down from 67.9 per cent.

AHS is "monitoring the situation" but "can't offer an explanation at this point," said cancer-care spokesman James Stevenson.

"We're currently exploring to see if there are any data-integrity issues that could have caused this," he said.

The University of Calgary's Dr. James Dickinson, who chaired a national task force that in January recommended new guidelines for cervical-

cancer screening, was equally perplexed.

"I'd agree it's really hard to make an assessment of this," he said from Australia, where he is on sabbatical. "You can't really make much sense of it."

Dickinson said screening tends to be less common among recent immigrants and less available at walk-in clinics, where an increasing number of urbanites receive services.

ROBSON FLETCHER/METRO

Tannas

### Alberta executive gets Senate nod

Scott Tannas, founder, president and CEO of Western Financial Group and an Alberta resident, has been named to the Senate.

Prime Minister Stephen Harper calls Tannas, 51, a remarkable Canadian.

The businessman, who won a Senate-appointment vote in Alberta in 2012, replaces the retiring Bert Brown.

THE CANADIAN PRESS

## Mexico. 'Shining light' mourned after fatal crash

Kind words poured in Monday for a Calgary woman believed to have died in a scooter accident in Mexico.

According to news agency Diario de Quinatan Roo, 26-year-old Laura Dawn Penton died after she lost control aboard a single-rider vehicle and crashed during an excursion on the island of Cozumel Friday.

An obituary posted online reaffirmed Penton's fate and

grieving friends took to social media to express their sorrow.

"Laura was a shining light in any room she entered. Her quick wit and indomitable spirit made her a joy to know," read a statement from Lundgren & Young Insurance Ltd., where Penton worked. "We will all miss her very much."

A funeral date has yet to be set.

JEREMY NOLAIS/METRO

## Health. Unnecessary MRIs clog up system, Alberta researchers say

Doctors are routinely ordering unnecessary MRI scans, lengthening wait times for patients who truly need the diagnostic imaging, according to a new study.

What's more, according to researcher Dr. Tom Feasby, is that this may just be the tip of the iceberg.

"The reason we did the study is we thought there was likely a lot of overuse of medical interventions in the health-care system," said Feasby, a neurologist with the University of Calgary. "I believe this is widespread throughout the health system, with all kinds of interventions, from antibiotics to diagnostic tests to surgical procedures."

The study, published Monday in the *Journal of the American Medical Association's Internal Medicine* periodical, looked at 1,000 MRI scans done on the lower back.

Of those, Feasby said only 45 per cent were deemed appropriate, with the other 55 per cent either being inappropriate or of "uncertain value."



U of C's Dr. Tom Feasby displays an MRI scan on a lower back – a procedure his research says is often unnecessary and results in no definitive treatment. ROBSON FLETCHER/METRO

Researchers said physicians often feel pressured into ordering MRIs by patients who mistakenly believe they are a "magic bullet."

Feasby called for policy changes to reduce the frequency of inappropriate diagnostics, which he said would help reduce the current seven-month wait for elective MRI scans in Calgary.

"It would certainly make the queues shorter," he said.

ROBSON FLETCHER/METRO

# Teen charged in stabbing death near Drop-In Centre

**Further charges.** Police anticipate more charges will be laid against others



KATIE TURNER  
katie.turner@metronews.ca

Police have charged a 16-year-old boy with second-degree murder in relation to the stabbing death of a man near the Calgary Drop-In Centre.

Officers were called to Dermot Baldwin Way around 6:30 a.m. on March 17, where they found a man suffering from stab wounds.

John Gordon Walmsley, 42, later died of his injuries.

### Homicides

5

Walmsley is Calgary's fifth homicide of 2013.

Staff Sgt. Doug Andrus said that through the use of CCTV camera footage and more than a dozen witness accounts, police were able to track down a suspect.

"Both the CCTV video and the witnesses were instrumental in moving this investigation forward," he said.

One person was arrested on March 22 in Edmonton, and a 16-year-old from Calgary was charged with one count of second-degree murder. He appeared in court on Monday.

Andrus said he could not comment on whether the youth was a client at the Drop-In.

He said investigators are working to determine the motive behind the stabbing.

"We're looking for several more people," he said. "We do believe they were involved in the incident."

Anyone with information is asked to call the Homicide Tip Line at 403-428-8877 or Crime Stoppers at 1-800-222-8477.



Staff Sgt. Doug Andrus speaks with media Monday following the arrest of a 16-year-old in relation to a stabbing earlier this month. KATIE TURNER/METRO

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## Roadblock. No charges for Idle No More protest

Police have opted not to charge a group of people who blocked traffic on the 14 Street Bridge for several hours during an Idle No More protest.

Organizers of the Jan. 12 protest met with the Calgary Police Service ahead of the event, which was meant to be a march from Nose Hill Park, but a small number of the protesters refused to leave the bridge after a disagreement with a bylaw officer, said CPS spokesperson Kevin Brookwell.

He said they eventually called for the help of a First Na-

tions elder who spoke with the group and convinced them to leave. Following consultation with the Crown Prosecutor's Office, Brookwell said they decided against formal charges, but added, it doesn't mean that the CPS condones the incident.

"Each event is different," he said. "This does not mean that we're saying it's OK to do what they did."

Brookwell said its possible criminal charges, and likely some bylaw infractions, could have been issued.

KATIE TURNER/METRO



Calgary police spokesperson Kevin Brookwell told reporters Thursday that charges would not be laid in an Idle No More protest that blocked the 14 St. bridge earlier this year. KATIE TURNER/METRO

# U of C aims to double international students

## Global move.

Institution eyes better research partnerships with other countries



JEREMY NOLAIS

jeremy.nolais@metronews.ca

University of Calgary officials hope their campus becomes a more common destination for international students in the years ahead, and hopes to send 50 per cent of local students out of country to complete a portion of their degree.

Those are the primary goals of the institution's new international strategic plan, which was formally launched at a Monday afternoon event on campus.

"When we did an audit through our faculty, we found that we are in 76 foreign countries right now ... really we want to focus greatly on improving partnerships and maintaining



University of Calgary vice-provost, international, Janaka Ruwanpura is being tasked with steering the institution's international strategic plan.

CONTRIBUTED BY RILEY BRANDT

relationships that are sustainable," said Janaka Ruwanpura, the university's vice-provost, international, who has been tasked with spearheading the strategy.

The move comes as part of U of C's Eyes High initiative, which aims to carve a path to a spot among Canada's top-five research universities by 2016.

Exchange program rates

will also double if all goes according to plan, as presently between 22 and 25 per cent of U of C students study abroad at some point.

But the strategy's launch comes under a cloud of uncertainty as the campus grapples with a funding cut from the provincial government that will drain more than \$100 million in expected funding over

the next four years.

University President Dr. Elizabeth Cannon told reporters Thursday that, despite funding shortfalls, she believes there's still much to attract students to the campus.

"This is a good place to study," she reassured. "Other provinces, other institutions, they have gone through as hard or harder budget situations than we have."

## Exchange

- The University of Calgary believes planned hubs in areas like China, Germany, Mexico, Tanzania, as well as the U.S. and the Middle East will lead to better research partnerships going forward.
- International students at the institution typically pay 2-3 times more in tuition.

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# Landslide kills 8, leaves 9 missing in central Indonesia

**Java.** Police, soldiers and residents searched for the missing, but were hampered by a lack of equipment and then darkness

old son embracing each other, just hours before the search was halted due to darkness.

Sigit said a lack of equipment hampered the 300 police, soldiers and residents who used their hands, shovels and hoes to search through the debris for the missing.

The dead included five children, said Sutopo Purwo Nugroho of the national disaster agency.

Seasonal downpours cause dozens of landslides and flash floods each year in Indonesia, a vast chain of 17,000 islands where millions of people live in mountainous areas or near fertile flood plains.

The agency also said that 83 people died in 53 earlier landslides this year in Indonesia.

THE ASSOCIATED PRESS



Villagers make their way through the mud from a landslide in Cililitan, West Java, Indonesia, Monday. Rescuers pulled out eight bodies, including five children, after the landslide triggered by torrential rain. THE ASSOCIATED PRESS

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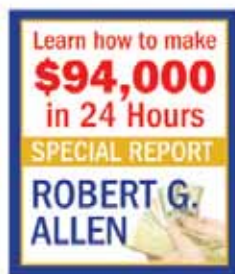
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## Bus fare?

**\$1.3-million bag leads to charges**

A yearlong investigation into a bus passenger's million-dollar backpack has led to criminal charges.

Winnipeg police were called to a bus terminal in February 2012 and found a man carrying \$1.3 million in cash in a backpack.

A 50-year-old man was arrested but released with-

out charges pending further investigation.

Last month, Erwin Thomas Speckert of Minden, Ont., was charged with several proceeds-of-crime offences allegedly linked to illegal gaming in Ontario.

A warrant for his arrest was obtained, and he turned himself in last week.

Speckert has been released and is set to appear in court in Winnipeg on April 22.

THE CANADIAN PRESS

## Once more with clothing

**Prince Harry heads back to the U.S.**

Britain's Prince Harry is returning to the U.S. — but skipping Vegas this time.

Harry, a supporter of charities that rehabilitate war veterans, will attend events at the 2013 Warrior Games, a competition between U.K. and U.S. veteran athletes.

His May 9-15 visit will include an exhibition on

Capitol Hill about landmine clearance and a tour of areas hit by Superstorm Sandy.

Harry will also play in a polo cup for Sentebale, a charity founded by Harry and Lesotho's Prince Seeiso to help poor children in the African country.

On his visit last year, the prince made headlines when he was caught frolicking in the nude with a woman after an alleged game of strip billiards in his Las Vegas hotel room. THE ASSOCIATED PRESS



Deputies of the Five Star Movement attend the second-day meeting of the new Italian parliament on March 15 in Rome. The party broke a world record for its MPs' median age. GIORGIO COSULICH/GETTY IMAGES

# Italy's youth rise to power amid chaos

**Five Star Movement.** Protest party received quarter of all votes



ELISABETH BRAW  
Metro World News in Rome

Italy's parliament is suddenly looking like a university auditorium. That's because many of the newly elected parliamentarians are students.

MP Laura Castelli, 26, once tweeted about a journalist who was chasing her: "He thinks we're extraterrestrials."

It's true that these new MPs have little knowledge of political proceedings: Most of them belong to the Five Star Movement, Italy's phenomenally

successful protest party.

"So many people voted for (leader) Beppe Grillo because they're nauseated by all the recent scandals," said student Luisa Ciaramella, 25, from Naples.

The median age of the Five Star parliamentarians in the lower house is 33 — a world record. Thirty-five of these new parliamentarians are under 30. And, as Grillo recently pointed out on his blog, his MPs are also Italy's best educated.

But while Italy's parliament enjoys an aura of fun rebellion, its problems remain grave.

Five Star has proposed leaving the eurozone, an idea Umberto Ambrosoli of the centre-left alliance called "very dangerous. They're just suggesting it to abdicate themselves from responsibility."

## Holy smokes! Israel gets first kosher-certified cigarettes for Passover

Observant Jews in Israel craving a smoke during the week-long Passover holiday that started at sundown Monday can now enjoy a rabbi-approved puff.

It's the first time cigarettes have joined the long list of goods stringently checked to ensure they comply with Passover rules on what items are kosher for the holiday — meaning they have not come in contact with grains or other forbidden ingredients.

The chief rabbinate in Israel, however, disapproved.



Label reads: "Kosher for Passover." ODED BALILTY/THE ASSOCIATED PRESS



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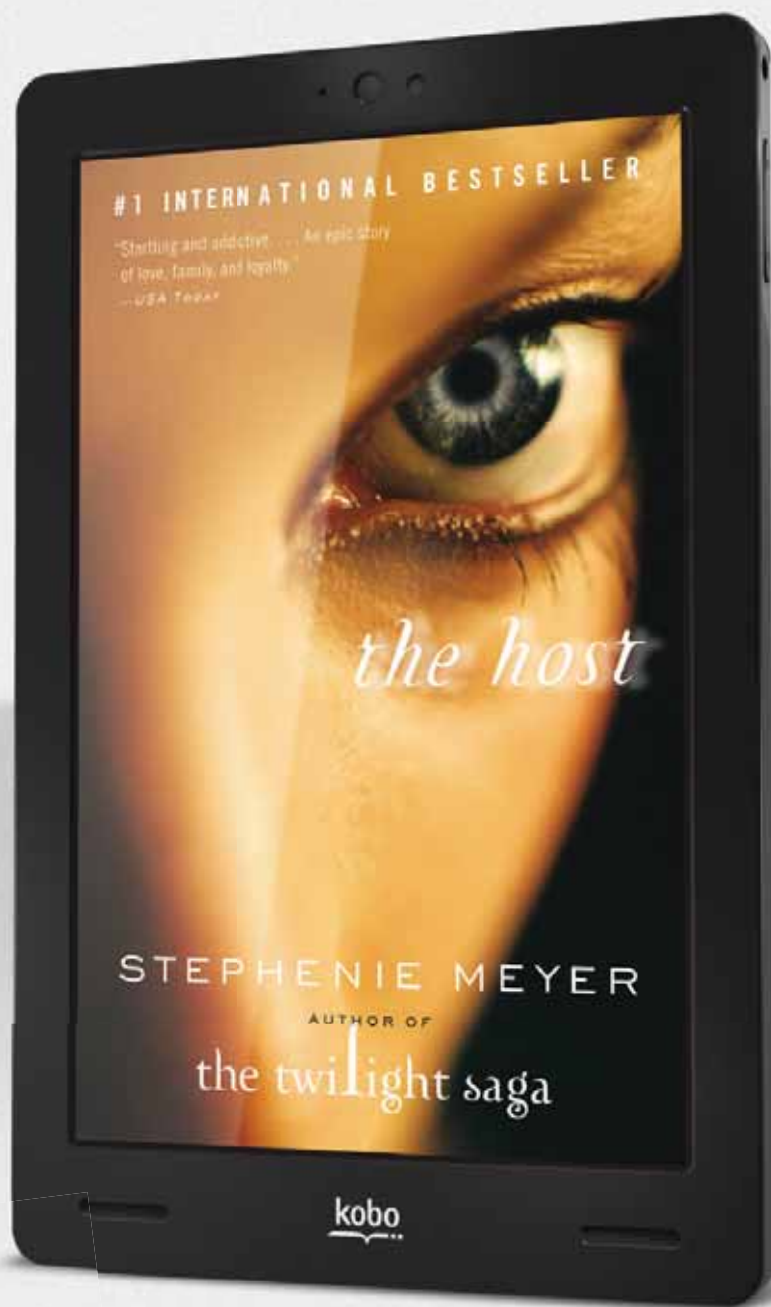
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## France

## Public wants ban on headscarves in private companies

Backlash is growing in France against a court ruling in favour of a Muslim employee of a private nursery school who was fired after she refused to take her headscarf off. A new poll found that four-fifths in France would back a proposal to ban Muslim headscarves and other signs of religion in private companies. **THE ASSOCIATED PRESS**

## Chile

## Miner trapped underground

Rescue workers were clearing rubble by hand Monday to reach a man trapped 300 metres underground following a collapse in a mine in the same region where 33 miners were buried for 69 days in 2010. The miner survived the collapse by taking refuge in a secondary tunnel.

**THE ASSOCIATED PRESS**

## Syria

## UN to reduce staff in Damascus after mortar attacks

The United Nations said Monday it was temporarily reducing its international staff in Damascus following mortar fire that damaged a hotel and a UN vehicle.

The UN will relocate some staff to Beirut and Cairo and has asked national staff to work from home until further notice, UN spokesman Martin Nesirky said.

He said the relocation involves about half of the roughly 100 international staff in Damascus and some of the 800 national staff.

Nesirky said critically needed humanitarian aid will continue.

"UN agencies and their partners remain committed to providing humanitarian assistance to millions in need across Syria and will maintain a number of staff inside Syria to continue running these critical programs and deliver aid to civilians," he said.

**THE ASSOCIATED PRESS**

## Myanmar. Violence may threaten reforms: Gov't

Myanmar's government warned Monday that religious violence could threaten democratic reforms after anti-Muslim mobs rampaged through three more towns in the country's predominantly Buddhist heartland.

The mobs destroyed mosques and burned dozens of homes over the weekend.

In an announcement on state television, the government pledged to make "utmost efforts" to halt the violence and incitement of racial and religious unrest.

"We also urge the people to avoid religious extremes and violence, which could jeopardize the country's democratic reform and development," it said.

President Thein Sein had declared an emergency in the affected areas on Friday and deployed army troops to the worst-hit city, Meikhtila, where at least 32 people were killed. According to the UN, more than 12,000 people were displaced. Monday's announcement said the displaced people would be resettled as soon as peace was restored.



Myanmar Muslims in Malaysia hold a banner decrying ethnic unrest in their homeland. **THE ASSOCIATED PRESS**

Muslims in Meikhtila, who make up about 30 per cent of the city's 100,000 inhabitants, have borne the brunt of the devastation. At least five mosques were set ablaze from Wednesday to Friday, and most homes and shops burned were Muslim-owned.

The authorities said they detained at least 35 people allegedly involved in arson and violence. But residents and activists said the police did little to stop the rioters or reacted too slowly. **THE ASSOCIATED PRESS**

## Zimbabwe. High Court frees human-rights lawyer

Beatrice Mtetwa, Zimbabwe's top rights lawyer who was released after eight days in jail for allegedly obstructing justice, said Monday her arrest was a ploy to intimidate human-rights activists and pro-democracy groups ahead of upcoming elections expected in July.

Mtetwa told reporters she believed she was targeted. "It is a personal attack on all human-rights lawyers, but I was just made the first example. There will be many more arrests to follow as we near elections," Mtet-

wa said. "The police were all out to get me. They wanted me to feel their might and power because I call myself a human-rights lawyer — and I felt it."

Mtetwa was arrested on March 17 along with four officials from Prime Minister Morgan Tsvangirai's party. The officials are accused of illegally compiling information on high-level corruption. Mtetwa was accused of shouting at police conducting a search at Tsvangirai's staff offices.

**THE ASSOCIATED PRESS**



Human-rights lawyer Beatrice Mtetwa, left, leaves the High Court in Harare on Monday. **THE ASSOCIATED PRESS**

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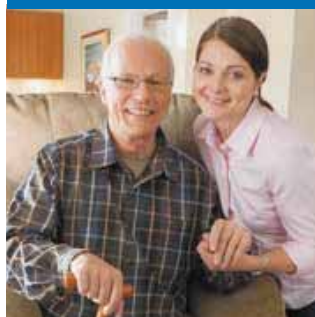
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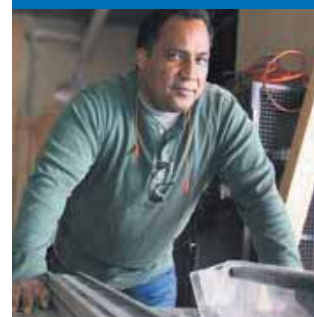
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# Sadistic, tyrannical, unstable ...

**Startling testimony at inquest.** Psychiatrist reveals the dark side of Ashley Smith, a teenager who killed herself in her jail cell

**Quoted**



**"Ashley was dour, sullen, blunted in general, with occasional bursts of animation and humour."**

**Dr. Jeffrey Penn,**  
a psychiatrist who treated Ashley Smith in prison in Truro, N.S.

A teenaged girl who killed herself in her prison segregation cell was highly unstable, showed sadistic tendencies and was one of the most difficult cases he had ever seen, a psychiatrist testified Monday.

Dr. Jeffrey Penn told a Toronto inquest into Ashley Smith's death that only top-quality psychological care could have helped her overcome her extreme problems.

"She presented one of the more severe personality pathologies that I have encountered," Penn said.

Smith, who had been teased mercilessly growing up, was emotionally immature, giggly, took pleasure in inflicting pain on others, and had only a limited capacity for remorse, Penn testified.

In some ways, he said, Smith hadn't progressed beyond age two or three. "This

**Her lonely end**

Ashley Smith choked to death in segregation at the Grand Valley Institution in Kitchener, Ont., in October, 2007. She was just 19.

young woman is essentially a large tyrannical child who can't tolerate limits, feels estranged and isolated from peers, unloved, unliked, and often hopeless," Penn once wrote.

Despite the various problems, Penn said the mental-health system in prison is "better than people think," although it could be improved.

Smith, however, was simply an extremely difficult inmate and patient.

"She had incredibly poor social skills. She can't get along with peers or with staff," he said.

She also had a strong need for arousal.

"When I'm bad, I get a feeling of excitement," he said she told him.

**THE CANADIAN PRESS**



## His incredible journey is over. Now the tears flow ...

Johnny Abraham of Whapmagoostui, in remote northern Quebec, sheds tears Monday as he describes an amazing 1,600-kilometre trek he and other young aboriginal people made through the Canadian hinterland to Parliament Hill. Inspired by the Idle No More movement, nearly 300 made the freezing journey in support of better conditions for aboriginal people. Amid the coldest days of January, they embarked with snowshoes on their feet and their supplies in tow. Hundreds of people filled the steps below the Peace Tower Monday and hailed them as heroes. **FRED CHARTRAND/THE CANADIAN PRESS**

## Italy killing. New trial looms for Amanda Knox?

Amanda Knox is waiting anxiously in Seattle to hear if she'll face a murder court again in Italy.

She was acquitted in the murder of her roommate.

But now Italian prosecutors have asked the high court to throw out the acquittals of Knox and her Italian ex-boyfriend in the murder of 21-year-old British student Meredith Kercher and order a new trial.

After hearing six hours of

arguments, the court delayed a decision until Tuesday.

Knox is "carefully paying attention to what will come out," attorney Luciano Ghirga said as he arrived at Italy's Court of Cassation in Rome.

Knox, now 25, and Raffaele Sollecito, who turns 29 on Tuesday, were arrested in 2007 after Kercher's body was found in a pool of blood in a rented apartment in Perugia. Her throat had been slashed.

**THE ASSOCIATED PRESS**

## Flu shots. Do health-care workers need them?

Should mandatory flu shots for health-care workers be put on hold?

A prominent infectious diseases specialist says yes.

Dr. Michael Gardam says he gets a flu shot every year, but thinks mandatory programs for health-care workers could end up being challenged in the courts.

Gardam and a colleague say in this week's Canadian Medical Association Journal that pushing flu shots in this

way could undermine other vaccination efforts.

Gardam, head of infection control at Toronto's University Health Network, also worries this type of fight could be used by the anti-vaccination movement.

Flu vaccine proponent Dr. Allison McGeer says a better vaccine would be welcome, but the current one does help to save lives and should be used by health-care workers.

**THE CANADIAN PRESS**

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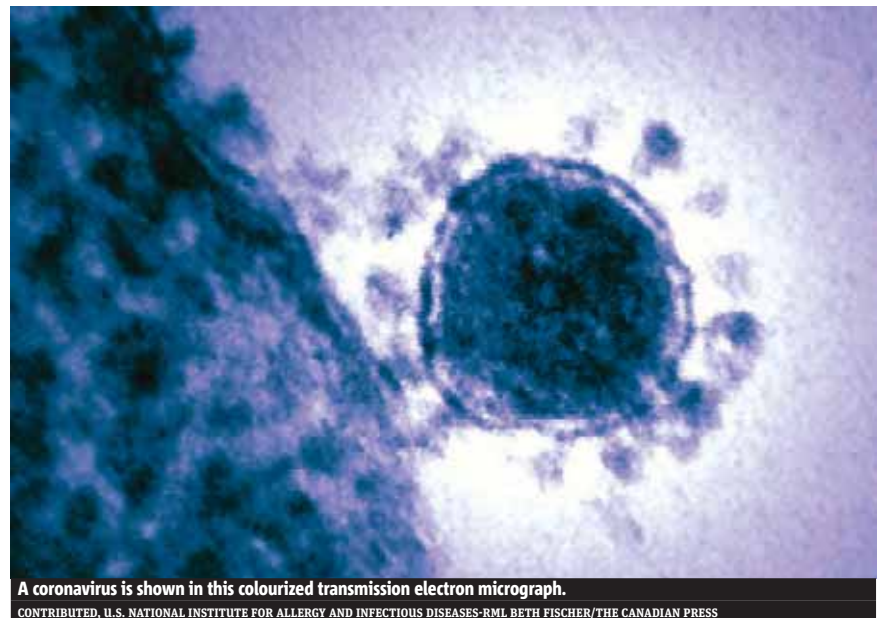
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A coronavirus is shown in this colourized transmission electron micrograph.

CONTRIBUTED, U.S. NATIONAL INSTITUTE FOR ALLERGY AND INFECTIOUS DISEASES-RML BETH FISCHER/THE CANADIAN PRESS

# Experts fear new SARS-like epidemic from superspreaders

**New virus.** There have been 16 confirmed cases recorded in Saudi Arabia, Qatar and Jordan — 10 of them have been fatal

People who think the new coronavirus couldn't take off and cause a SARS-like crisis may have forgotten a phenomenon that was a game-changer during SARS — patients called superspreaders.

At present, this new coronavirus doesn't seem to spread easily from person to person, a fact which some people use to argue it will not

## Toronto superspreaders

SARS went global thanks to a superspreader — a Chinese doctor who infected more than a dozen people at a Hong Kong hotel. One of those people brought the virus to Canada.

- Toronto had several superspreaders — one early case infected 44 others. An elderly couple who contracted the virus on the night SARS made its first appearance in a Toronto hospital were both superspreaders.

become the next SARS. Some limited human transmission

has occurred, but confirmed cases are few and sporadically seen.

However, several experts suggest that superspreaders, which turned SARS into a global outbreak, could do the same with this new virus. That term refers to people who buck the transmission trend with a given bacteria or virus, infecting many more people than is the norm.

If the virus infected someone who turned out to be a superspreader, and that person sought care in a hospital that wasn't taking precautions against novel coronavirus infections, this new disease could rapidly begin to resemble SARS.

THE CANADIAN PRESS

## Fake movie scam

### 5 jailed in Britain for Argo-like plot

Five people have been jailed in Britain for pretending to make a Hollywood movie in a scam to defraud tax authorities of \$4.3 million in a plot reminiscent of the Academy Award-winning hit Argo.

Bashar Al-Issa, the leader of the fraud, was jailed Monday for six and a half years. The others were sentenced to around four years each.

THE ASSOCIATED PRESS

## Sex surrogates. France pulls contentious term

A French regional government opened debate Monday on "the sexual life of the disabled" but backed off a push for sex surrogates amid unease about the issue.

The head of the Essonne department south of Paris, Jerome Guedj, had called for allowing sex surrogates — people who can help disabled people explore their sexuality — as part of regular social services.

Guedj noted that sex surrogates for the disabled are

permitted in some other European countries as well as in the U.S., as seen in the recent film The Sessions.

But Guedj pulled the most contentious part of his proposal Monday, removing the term "sex surrogates" just ahead of the vote in the local council, after coming under criticism for opening the door to legalized prostitution.

Instead, the council agreed for now to open a "reflection on the sexual life of the disabled." THE ASSOCIATED PRESS



# NRA making robocalls to Newtown

## Scene of school shooting. Residents are 'outraged' over the National Rifle Association's phone lobbying

tated by December's school shooting said they're outraged over automated phone calls they've received from the National Rifle Association gun lobby only three months after a gunman killed 20 first-graders and six educators.

Newtown residents said the automated calls from the NRA began last week and urge people to tell

Some residents of the Connecticut community devas-

## 'Insensitive'

**"This was a really hard week for me on a lot of levels. These calls were the very last thing I needed."** Christopher Wenis, who

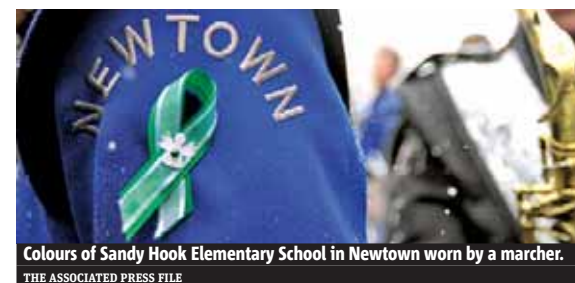
**needed.”** Christopher Wenis, who has a five-year-old who went to pre-school on the Sandy Hook campus. He has received three NRA calls.

their state legislators to op-

pose gun control proposals, which are being debated in Connecticut and other states in the wake of the shooting. Some also said they received postcards from the NRA supporting gun owners' rights.

"It's ridiculous and insensitive," Newtown resident Dan O'Donnell told Hartford-area NBC affiliate WVIT-TV.

**THE ASSOCIATED PRESS**



**Colours of Sandy Hook Elementary School in Newtown worn by a marcher.**  
THE ASSOCIATED PRESS FILE



## Did you say this was spring?

A commuter walks through a spring snowstorm Monday in Philadelphia. The weakened storm that blanketed the Midwest with heavy snow and slush continues moving east with its cold temperatures and a miserable mixture of snow and rain. MATT BOURKE/THE ASSOCIATED PRESS

## New Brunswick. MOH trying to track down men who had unprotected sex

New Brunswick's chief medical officer of health says officials are trying to track down about two dozen men who had unprotected sex with a man who was later diagnosed with HIV.

Dr. Eilish Cleary says a New Brunswick man recently tested positive for the virus and officials are now attempting to contact his sexual partners from the last two years.

www.manhunt.net that facilitates anonymous sexual encounters.

She says the man and the website have been helpful in trying to track down his sexual partners, though it is a difficult process because people typically log on using aliases rather than their real names. Her office issued a statement encouraging people who had unprotected sex to get tested for sexually transmitted diseases. **THE CANADIAN PRESS**

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## Ottawa. NDP wants RCMP to investigate budget leak

The RCMP should investigate last week's federal budget leak about tariff reductions because it could have allowed insiders to manipulate markets, the Opposition New Democrats charged Monday.

NDP deputy finance critic Guy Caron has written RCMP Commissioner Bob Paulson about "potentially criminal actions related to a breach of budget secrecy."

The National Post, followed by the Globe and Mail, reported on the eve of last Thursday's budget delivery that Finance Minister Jim Flaherty would cut tariffs on hockey gear and some baby clothing.

"The leak and the availability of this information, prior to it being made public in the budget, gave those with this information an opportunity for personal financial gain," Caron wrote in his letter.

The newspaper scoops were widely interpreted as tactical leaks by the Harper government to prime the media machine — and television reports on budget day were indeed filled with images of kids in hockey gear. Only later did it become clear that the Conservatives had also increased tariffs on a much wider array of goods, more than offsetting any tariff cuts to a few popular items.

Caron couldn't quantify any

### Precedent

- NDP deputy finance critic Guy Caron says such budget leaks were once taken very seriously, citing the leak under the Mulroney Conservatives in 1989 that led to the resignation of the finance minister and an RCMP investigation.

financial edge the leak might have offered a would-be investor, but he said that's beside the point. "What you have to look at is that it changes the behaviour of companies in those industries, that's for sure," Caron said. "It's a no-no. That's why we treat all information from the budget as confidential."

The Conservative government has a reputation for aggressively pursuing leaks, but the pre-budget disclosure didn't elicit public comment from Flaherty or his officials until the NDP publicized its letter to the RCMP.

"We take budget secrecy very seriously and actively seek to prevent disclosure of budget measures before (their) official release," Dan Miles, Flaherty's director of communications, said in an email.

THE CANADIAN PRESS

### Market Minute



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Natural gas: \$3.87 US (-6¢)  
Dow Jones: 14,447.75 (-64.28)



**TSX**  
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(John 14:27)

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A man stops to photograph the Nasdaq in Times Square as Facebook has its IPO on May 18, 2012, in New York City. THE ASSOCIATED PRESS FILE

# SEC approves payout for technical glitches during Facebook IPO

**New York.** Computer troubles at Nasdaq on first day of trading threw stock's debut into chaos

\$62 million US in reimbursements to investment firms that lost money because of technical problems during Facebook's initial public offering last year.

The Nasdaq had said in June that it would pay \$40 million US but later increased the amount to \$62 million.

Facebook went public May 18 amid great fanfare, but computer glitches at the Nasdaq

delayed the start of trading and threw the debut into chaos. Technical problems kept many investors from buying shares that morning, selling them later in the day or even from knowing whether their orders went through. Some said they were left holding shares they didn't want.

Facebook's stock originally priced at \$38 and closed that

first day at \$38.23 after going as high as \$45. The lacklustre close disappointed investors who had hoped for a first-day pop. Nasdaq has said that it was embarrassed by the glitches, but that they didn't contribute to the underwhelming returns.

The stock has not hit its IPO price since the first day of trading. THE ASSOCIATED PRESS

## U.S. high court grapples with pharmaceutical industry's 'pay-for-delay' deals on generics



The U.S. Justice Department argues that 'reverse settlements' between brand-name and generic drug firms are delaying the release of cheaper medications. GETTY IMAGES FILE

U.S. Supreme Court justices appeared troubled Monday over whether to stop deals between pharmaceutical corporations and their generic drug competitors that the government says could keep cheaper forms of medicine from American consumers for longer periods of time.

Justices heard arguments from the Justice Department against what the government calls "pay-for-delay" deals or "reverse settlements."

Such deals arise when generic companies file a challenge at the Food and Drug Administration to the patents that give brand-name drugs a 20-year monopoly. The generic drugmakers aim to prove the patent is flawed or otherwise invalid, so they can launch a generic version well before the patent ends.

Brand-name drugmakers then usually sue the generic companies, which sets up what could be years of expensive litigation. When the two sides

aren't certain who will win, they often reach a compromise deal that allows the generic company to sell its cheaper copycat drug in a few years — but years before the drug's patent would expire. Often, that settlement comes with a sizable payment from the brand-name company to the generic drugmaker.

The Obama administration, backed by consumer groups and the American Medical Association, wants the court to stop the deals. THE ASSOCIATED PRESS



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# #SORRYNOTSORRY FOR HASHTAGS

A friend of mine recently told me she is having trouble coming up with a suitable hashtag for her upcoming wedding. Her social media-savvy guests will want to know what the official wedding hashtag is before they start live-tweeting from the venue and sharing their heavily filtered snapshots all over Instagram. This is a major #firstworldproblem of course, but her panic got me thinking about the symbol's growing cultural relevance.

Twitter first introduced the hashtag concept in 2007 to group conversations and streamline the search function within the micro-blogging site. Today, about one in eight tweets feature words or phrases that are prefixed with a hashtag symbol, which has since been adopted across numerous social media platforms. Google+, Instagram, Tumblr and Pinterest all support the hyperlinking pound sign and soon, rumour has it, Facebook will finally incorporate hashtags into its interface.

The functional marker has evolved into something much more than its developers could have predicted. The symbol has



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

been embraced by inside jokes and revolutionaries alike, and the humble hashtag helps rally individuals together online and in person and has entirely changed the way we watch award shows. We all know the #Oscars Twitter commentary is much more entertaining than the actual Oscars.

Even more interesting is the way in which this digital code has transcended the realm of social media and is creeping into other forms of communication. I've started noticing hashtagged phrases written out in emails, I spotted a women's athletic shirt with #RUN emblazoned on the front, I've even seen friends use hand gestures to mimic the symbol during in-person conversations. Forget to brush your hair and put on mascara in the morning? Your au naturel look means you're having a #nofilter kind of day.

Hashtags serve no practical function in these forms but there's evidence of a growing trend; social media language is migrating away from its intended platform and starting to infiltrate our speech patterns in interesting (albeit sometimes annoying) ways. We employ these digital hieroglyphs to add new levels of

meaning to our conversations, to offer a clever aside, qualify what we're really trying to say, or underscore our sentences with an additional layer of emotion.

Some of the best hashtag phrases add a sardonic undertone of mocking, because we all know people who deserve to have #whitegirlproblem or #humblebrag shouted at them from time to time.

Away from the keyboard and stripped of its digital functionality, the ubiquitous symbol is becoming increasingly prevalent in face-to-face communication. Who can forget Jack Layton's best dad-joke moment when he referred to Prime Minister Stephen Harper's crime policies as "a hashtag fail."

Some lament the lazy nature of the hashtag, arguing that this idle form of expression is destroying our ability to communicate properly along with other digital shorthand devices such as text-message abbreviations, LOL-speak and emoticons. But anyone who has ever picked up a Shakespeare play knows that dialects evolve over time. We've created a modern hybrid language in blending our spoken and typed words and symbols and, like it or not, the hashtag seems like it's #heretostay.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

### Balloons not just for clowns and circus folk



DAVID CHESKIN/THE ASSOCIATED PRESS

#### Gasps! It's time to come up for air

New York artist Jason Hackenwerth starts work on a giant balloon sculpture named Pisces inside the National Museum of Scotland,

in Edinburgh on Monday.

When complete, the sculpture will span three floors of the museum and is designed to represent the natural world.

"Even when I'm in my studio day after day, it always

feels full of new possibilities," Hackenwerth says of his art.

He says he uses balloons as a medium because they are accessible to a wide audience and often take people back to their childhood.

THE ASSOCIATED PRESS

#### Online

- Listen to the artist discuss his muse and see how he creates the masterpieces at [metronews.ca](http://metronews.ca).

#### Clickbait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

It's no use crying over what could have been if Twitter had existed at the same time as some of history's more famous events. Take these accounts as inspiration and flex your intellect by reporting your pet historical event as it happened.

#### @RealTimeWWII:

A day-by-day retelling of the Second World War with a wonderful knack for digging up quotes from world leaders and updates from the war's lesser-known theatres.

#### @TitanicRealTime:

Right now, everybody is extremely



pleased by reports of the unsinkable liner's luxurious accoutrements. But stay tuned — things are about to get real very soon.

#### @SamuelPepys:

The Great Plague and the Great Fire of London are a few bite-sized eyewitness accounts taken from the English Restoration's most famous diarist.

#### Twitter

@metropicks asked: China just sent us pandas. What should Canada ship to other countries for diplomatic reasons?

@Dragoniser: The Ontario Liberal Party. They will be out of a job soon anyway.

@kajomha: everything maple!

@IdejTauren: moose and maple syrup, with some Tim Hortons thrown

in too.

@rosalesj: snow.

@905GoTrainGirl: Tim Hortons

@BaggsMcJungle: Please send China the Three Stooges: Rob & Doug Ford & their fishing buddy, Stephen Harper. If there's room, Gazebo Clementine.

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DVD reviews



Lincoln

Director. Steven Spielberg

Stars. Daniel Day-Lewis, Sally Field, David Strathairn

Neither the title-implied biopic nor an assault on the tear ducts, Steven Spielberg's *Lincoln* serves history by favouring background over foreground. Daniel Day-Lewis's Oscar-winning portrayal of the 16th U.S. President is grounded on the complex humanity of the man, one forced by circumstances to deal not only with epochal national concerns — slavery and the Civil War — but also pressing family ones. His Abraham Lincoln is grey of hair and beard, walks with a slight stoop and speaks in a higher register than our mind's ear may wish to hear. He's capable of thunder — we see glimpses — but he frequently comes across as timorous, in his dealings not only with political foes and allies but also with his high-strung wife Mary (Sally Field) and headstrong son Robert (Joseph Gordon-Levitt). Scripted by Tony Kushner (TV's *Angels in America*, Spielberg's *Munich*) the film loosely adapts Doris Kearns Goodwin's non-fiction best-seller *Team of Rivals: The Political Genius of Abraham Lincoln*. It finds focus in the marrying of high principles with low politics.

PETER HOWELL



Lil Wayne releases his latest album, *I Am Not a Human Being II*, this week. THE ASSOCIATED PRESS

# Same old Lil Wayne

**New album.**  
Forget the story line — rapper's strength still lies in his lyrical zingers

Lil Wayne's *I Am Not a Human Being II* album opens with a familiar sound — someone's flicking a lighter. It's Weezy's sonic signature, a long-running nod to the weed, women, booze and bravado that has shaped so many of his musical releases, including his latest.

Now on his 10th album, singles like *No Worries* and the Mike Will Made It-produced *B—s Love Me* sug-

gest that Wayne's priorities haven't changed. Luckily for fans, he covers familiar territory with fresh, tweet-worthy punchlines.

But if you're looking for storytelling, look elsewhere. Wayne's expertise is in lyrical zingers.

He unleashes a dazzling array on the 2 Chainz-assisted *Rich as F—*, which features a standout, swaggering beat from producer T-Minus. "AK on my night stand, right next to that Bible/But I swear with these 50 shots, I'll shoot it out with 5-0/Pockets gettin' too fat, no Weight Watchers, no lipo," Wayne raps.

His performance on the song may very well con-

vince on-the-fence fans that the YMCMB captain still has passion for his craft.

He's entertaining on *Trippy*, one of two tracks produced by Juicy J and Crazy Mike. "I got high, and fell asleep loaded/I woke up and got high again/OK, I'm reloaded," Wayne raps, making no apologies for his recreational activities.

He's a sinister presence over the equally sinister beat of the production duo's *Trigger Finger*, and seems to laugh about his 2010 eight-month jail stint on *Gunwalk* featuring Gudda Gudda.

The songs are reminders of a more focused Wayne — a version of the rapper that seems to be absent from

tracks like *Curtains*, where he phones in lines like "I'm getting cake like I'm Jewish/my n— Drake, he Jewish."

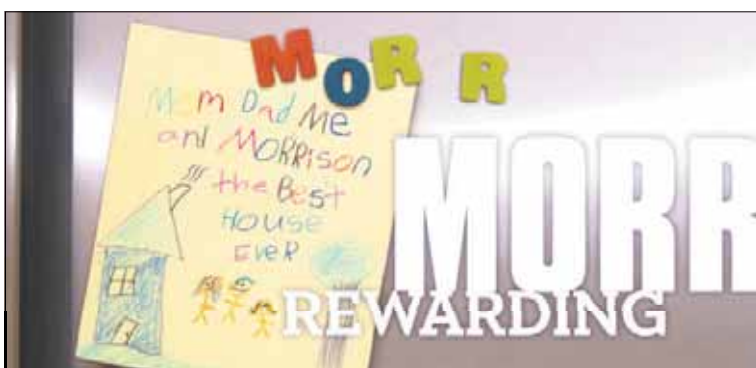
He rages through the heavy metal-influenced *Hello*, but crossing genres doesn't change the same tired content.

And while the hook on *God Bless Amerika* promises a more thoughtful Wayne, his verses don't measure up — a disappointment considering his still-revered status as the best rapper in the game.

Overall, Wayne meets expectations for Wayne these days — not saying much (of substance), but giving listeners plenty to talk about.

THE ASSOCIATED PRESS

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## Pop goes the week



Lindsay Lohan

## Lindsay's letting loose before lock up

Lindsay Lohan is apparently looking to make the most of her time on the outside before her 90-day sentence in a lock-in rehab facility begins. The troubled actress, who accepted her sentence as part of a plea deal last week, reportedly spent the weekend hitting up nightclubs around Southern California. On Friday, Lohan was spotted "drinking Ketel One vodka on the rocks and smoking Parliaments" at San

Diego club Fluxx dressed in a Yankees baseball hat and a hooded sweatshirt, according to *Us Weekly*. And Saturday night found her back in L.A. at Santa Monica's 41 Ocean, where she tried to dodge photographers, according to the *Daily Mail*. But Lohan has assured her Twitter followers that she's not partying as much as is being reported. "I'm taking this seriously and focused on the road ahead," she wrote before the wild weekend. "Don't believe everything you hear unless you hear it from me." There's still no word on when Lohan will begin her 90 days of treatment.

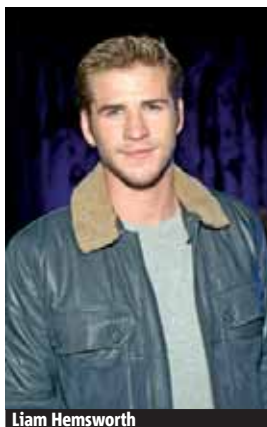
## Four weddings and a few red flags

Jesse James has tied the knot for the fourth time, marrying drag racer Alexis DeJoria in Malibu this weekend after dating for less than two months, according to *Star* magazine. James' most recent marriage — to Sandra Bullock — ended in divorce in 2010 after his infidelity came to light. DeJoria is the daughter of billionaire Paul Mitchell co-founder John Paul DeJoria, who also helped launch Patron tequila and the House of Blues nightclub chain. "Jesse's always had a man-crush on John Paul, and what better way to get close to him than to get hitched to his daughter?" a source says.



Jesse James

"But this marriage will be his fourth. If I were John Paul — after what Jesse put Sandra through — I'd be warning him up front that when it comes to Alexis, he'd better watch his butt."



Liam Hemsworth



Miley Cyrus

## Knock off the rumours, the ring is back on

Maybe it's time to put those breakup rumours about Miley Cyrus and Liam Hemsworth away, as the pair have been "inseparable" since Hemsworth got back from his trip to Australia and Manila, according to *People* magazine. "Since Liam returned to L.A., Miley has been in the best mood. They are together and will continue their wedding plans," a source says. On top of that, Cyrus has been spotted wearing her engagement ring once again.

## Twitter



@jeremypiven

I am not currently Mexican



@Louis\_Tomlinson

Just incase anyone was wondering, cereal after mouth wash is a bad choice !



@rustyrocks

Read Malcolm X's autobiography next time you think you've had a hard life.



@MatthewPerry

Love playing a sociopath on *The Good Wife*. I know a sociopath in real life. And if he's reading this, I'm sure he doesn't know who he is.



Spice Girls ALL PHOTOS GETTY IMAGES

## Too much of something: A reunion recipe that's one Spice short

Spice Girls fans hoping for a reunion will have to be satisfied with the group's performance at the Olympics last summer, as that's it as far as Victoria Beckham is concerned, according to *Radar Online*. "Victoria has made no secret of the fact her singing days are over, with a hugely successful business and a growing family," her rep says. "She loved her time as a Spice Girl and will always wish the other girls well in whatever they choose to do." And whatever they choose to do may now include doing a reality show in which they

search for Beckham's replacement, according to the *Daily Mail*. "The girls, particularly Geri [Halliwell], think there is so much more that they can achieve, and they know that their fans still want to see them perform," a source says. "She would give anything for this to all work out. She has spoken to TV production companies about how it would work and is very excited. They are gradually getting further down the line." A source close to the band, though, insists that the four remaining members would not recruit a replacement.

# Excellent.

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# Could this alkaline diet change your life?

**Mythbusting.** Your body shouldn't be high on acid. Victoria Beckham's favourite cookbook, *Honestly Healthy*, looks at how alkaline-forming foods help you lose weight, be happy and fight insomnia. Metro investigates the claims

ROMINA  
MCGUINNESS  
life@metronews.ca

"Our bodies function best when in an alkaline state. Yet, much of our eating trends and diets are very acid-forming in the body, leading to internal stress," Vicki Edgson, nutritionist and co-author of *Honestly Healthy*, tells Metro.

Why? Because other than in the stomach, which is highly acidic in order to break down food and kill bacteria, everything else in the body runs at an alkaline level.

"All our bodily fluids (blood, serum, urine) are between 7.35 and 7.45 on the pH scale. Matching this alkaline state makes it far easier for the body to digest, absorb and derive energy from the

## The author



**"Our bodies function best when in an alkaline state. Yet many diets are acid-forming, leading to internal stress."**

Vicki Edgson, nutritionist  
Author of *Honestly Healthy*

food we consume," she explains.

But certain staples, such

as coffee, milk and red meat, score between four to six on the pH scale.

When digested, they form acidic residues in the bloodstream.

"This places a heavier burden on the kidneys and liver to break them down further, as both organs require an increase of certain minerals in order to buffer such acidity," warns Edgson.

Edgson makes sense and *Honestly Healthy's* recipes are delicious — we've tried them — but are her claims correct?

We asked Amanda Griggs, Nutritional Therapist at the



Balance Clinic London (whose clients include supermodel Elle Macpherson) to weigh in on the claims.



**70% alkaline,  
30% acidic =  
balance?**

**What the nutritionist says:** "True! An alkaline diet is basically a healthy one that includes fresh vegetables, fruit, nuts and water but excludes excessive amounts of processed foods, coffee, and alcohol."

## Good food will improve a mood

**What the nutritionist says:** "Alkaline foods such as green leafy vegetables, nuts and seeds are rich in magnesium, folic acid and B vitamins that stimulate and increase serotonin levels."



## You'll lose weight naturally

"ninety-nine per cent of people put on weight when they're unhappy and therefore eating inappropriately. But if you feel great, you'll lose any excess body weight anyway," claims Edgson.

**What the nutritionist says:** "True! Over-acidity can equal weight gain."

## Clear skin, shiny hair & better BO

**What the nutritionist says:** "True! The body neutralizes excessive acids with alkaline minerals such as magnesium and potassium. An excessively acidic diet puts a strain on the organs of elimination such as the colon and skin."



## Better sleep/focus

**What the nutritionist says:** "True! With a constant onslaught of a high acidic diet that includes stimulants such as caffeine, sugar and alcohol, the body resorts to leaching valuable electrolytes such as calcium, magnesium, potassium and sodium from vital organs and blunt valuable hormones, which we need for restful sleep."

# An apple a day keeps disease at bay

**Health standards.** More than half of Canucks aren't meeting the minimum healthy eating recommendations

Canadians are living longer. But not necessarily healthier. On average, we'll spend our final 10 years with sickness and disease. We can change this.

The choices we make now can help shape a future of strength and vitality.

To shrink that 10-year gap, the Heart and Stroke Foundation recommends being physically active, eating well, being smoke-free, reducing stress and avoiding excessive drinking.

Food for thought nutrition is one of the most important things you can do to improve your health — yet more than half of Canadians don't meet the healthy eating recommendations.

Eating a poor diet results in nearly three quality years of life lost, while being obese can reduce your life span by almost four years.

To start on the path to shrinking the 10-year gap, take these tips to heart.

## Embrace the rainbow

Eat between five and 10 servings of vegetables and fruit each day. Choose a variety of colourful vegetables and fruit.

Get the guide

Make Canada's Food Guide your bible to plan well-balanced meals with sensible portion sizes.

## Shake the salt habit

Instead, spice things up with fresh or dried herbs.

## Banish temptation

Skip the snack aisle at the grocery store.

## Counter the snack attack

Got the munchies? Grab some plain, unsalted popcorn.

NEWS CANADA



Avoid snacks and stick to a regular meal plan. ISTOCK PHOTOS

# 3 TIPS

## Parenthood



## Study reveals much of mice and mammals

A study published in The Journal of Neuroscience found that sexually naive mice respond aggressively to chemical signals (most likely pheromones) from newborn pups, while pup pheromone perception is suppressed in fathers (sexually-active male mice), tending to make them more nurturing. The findings may help scientists to better understand the changes that take place in the brains of some mammals during the transition into parenthood.

LINDA CLARKE / METRO NEW YORK

# Pubic hair removal may increase sexually transmitted infection risk

## New health study.

Researchers show how certain STI's have risen as the popularity of Brazilian waxing has taken hold

A recent study published in sexually transmitted infections found that Brazilian waxing and other types of pubic hair removal, including shaving, was a possible link to an increased risk of a viral infection called molluscum contagiosum.

Molluscum contagiosum is a poxvirus that can be passed on through sex, but it is also easily spread by self-infection, such as scratching.

Researchers say the risk seems higher with shaving than waxing and that other STIs, such as genital warts, could be more frequent with genital hair removal.

Over the past decade, researchers noted that the



Clean shaven may not be as clean as some think. ISTOCK PHOTOS

number of sexually transmitted cases molluscum con-

tagiosum had risen, just as the popularity of pubic hair

removal had also increased.

LINDA CLARKE / METRO NEW YORK

## Hormones

## Working on a night shift could up the odds of contracting ovarian cancer

New findings published in Occupational and Environmental Medicine state that shift work may be associated with an increased risk of cancer.

Researchers think that the result could be due to lower melatonin production.

This hormone is mostly produced at night and regulates reproductive hormones, particularly estrogen. It also destroys cancer-causing free radicals and boosts antioxidant production in the body.

The International Agency for Research on Cancer (IARC) has classified work schedules that disrupt the body's normal time clock (circadian rhythm) as a probable cancer-causing agent.

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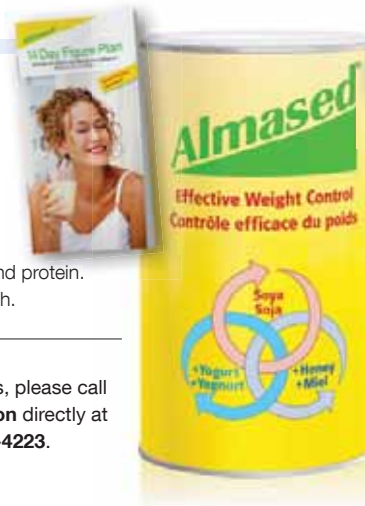
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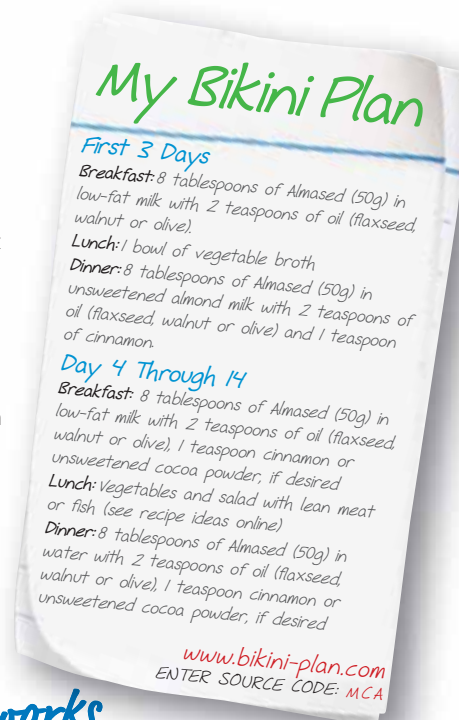
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# Vision restored

Civil engineer with eye disorder waited three years for each cornea transplant

Since her teen years, Sandra vanRassel knew that her vision would one day degenerate. Diagnosed at 18 with Fuchs' dystrophy — a slow-progressing eye disorder that affects the cornea — she expected that at some point in her adult years, cornea transplants would be required to restore her vision.

When vanRassel turned 40, it was time for the transplants, but it would be another three years before the Thunder Bay mom would have her first surgery — a time period when her quality of life was severely diminished.

A civil engineer with Aboriginal Affairs and Northern Development Canada, she was unable to work for three years. However, driving was impossible, as were simple tasks such as reading mail. Friends and family rallied to help vanRassel with her grocery shopping and social outings like her son's playgroup.

"I couldn't even see my son's nose running; if he had a cold, I wouldn't know it," recalls vanRassel, now 47. "[The other moms] would come and see me and say, 'He needs his nose wiped.'"

She had transplants in 2007 and 2010 at Toronto Western Hospital. In total, she waited six years — three for each eye. This long wait time is all too common, according to Dr. Guillermo Rocha, a Manitoba cornea transplant surgeon and a member of the Canadian Ophthalmological Society.

"In Manitoba, we handle a waiting list for five surgeons — which [would be] about 120 patients — all the time," Rocha says. "I had a patient that was really frustrated. He had been waiting for a year and a half."

Part of the problem lies with how the system is organized in Canada. Wait times vary widely across the country and cornea transplant surgeons typically manage their own wait lists.

It's not that corneal tissue is particularly hard to come by; in fact, it's quite the opposite. "Of all the types of transplantations, I would say [cornea transplant] is the easiest," Rocha says. "You basically want



Sandra vanRassel: "It would be nice to have a shorter waiting list... and if more people registered and donated."

a cornea that is healthy."

Individuals who are near- or far-sighted, for example, are still good candidates as cornea donors.

At any given time, more than 2,000 people may be waiting for transplants across Canada (excluding the province of Quebec) and wait times can vary from six months to three years.

"The sad thing is that we know if we were [somewhere else] — the United States or even India and Colombia — they would be getting [corneal] tissue within two weeks," says Rocha.

Waiting lists are almost non-existent in other countries, including the U.S. and the U.K.

"You can schedule a surgery there and you know a cornea will be available. The wait is weeks, not months or years," says Mathias Haun, director of strategic planning for tissues at Canadian Blood Services, a non-profit organization. Their mandate, in addition to managing the blood supply for Canadians outside Quebec, includes increasing public education and awareness about organ, eye and tissue donation and transplantation.

increase national awareness around the importance of eye and tissue donation to help people like Sandra vanRassel.

With her vision now restored to 20/30 through the use of lenses — up from 20/80 and 20/90 before the operations — the frustration that came with those long waiting times has dissipated, now replaced with gratitude.

"It would be nice to have a shorter waiting list and it would be nice if more people registered and donated," she says, "but I am still very appreciative of those who did decide to donate."

For vanRassel, the donors were a 15-year-old girl and a 50-year-old father. She wrote letters of gratitude to their families — a process so overwhelmingly emotional that it took a year to complete the first letter.

"It's so hard to write a letter and thank people for what you've gained when they've lost," says vanRassel, choking up at the memory. "I can't say thank you enough to those families."

Because she knew as an 18-year-old that she'd eventually need transplants, vanRassel says she's always supported organ and tissue donation. But in the years since her surgeries, her advocacy has grown stronger.

"I push more for it and try to make people aware of how they can help other families and how important it is," she says. "But I don't think some people realize how much they can help other families."

"I hope that other families who do give donations realize how much it is appreciated... it's so nice to know that there are people out there who will make that choice."

Canadian Blood Services hopes to

## Want to donate? Here's how

Canadian Blood Services, CNIB and the Canadian Ophthalmological Society are partnering to encourage people to consider becoming an eye donor.

According to recent polls by Canadian Blood Services, 95 per cent of Canadians support the idea of organ and tissue donation. But only 51 per cent of Canadians say they are willing to donate their organs and only 39 per cent say they are willing to donate their tissues.

The ways to register or declare your intentions to donate vary from province to province.

Go to [organsandtissues.ca/donate](http://organsandtissues.ca/donate) and click on your province to find out how to become a donor.



## Insight

The facts about cornea tissue, transplants and wait times

Blindness and vision degeneration due to conditions affecting the cornea are treatable. With cornea transplants, vision can be restored. But as shown by statistics (see below), the wait for transplants in Canada is long and the effects of vision loss are grave.

An estimated 2,000 Canadians are waiting for a cornea transplant.

Transplant wait times in Canada can vary from six months up to three years.

There are eight eye banks in Canada, excluding the province of Quebec.

Financial and societal costs of vision loss are significant. \* People with vision loss typically experience the following:

- twice the risk of a fall or premature death
- low income — the employment rate of working-age adults with significant vision loss is only 32 per cent, and 50 per cent of adults with vision loss live in poverty
- more medication errors
- two to five times as much difficulty with daily living
- three times as much clinical depression
- twice as much social dependence

\* "The Cost of Vision Loss in Canada," CNIB and the Canadian Ophthalmological Society, 2009

Canadian Blood Services  
Société canadienne du sang

cnib | inca

Canadian Ophthalmological Society  
Société canadienne d'ophtalmologie



# Give the gift of sight.

Please consider becoming an eye donor.

Information: [www.organsandtissues.ca/donate](http://www.organsandtissues.ca/donate)



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it's in you to give

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# Another benefit of eating your vegetables

## Health and beauty.

Fruits and veggies contain beta-carotenes and lycopenes, the anti-oxidants credited for glowing skin

You are what you eat.

Fruits and vegetables have properties that will, in essence, make you more attractive.

Along with the health benefits of eating fresh produce, you may notice that your skin has that bright glow, making you more attractive to others.

To reap the beauty benefits of consuming fruits and vegetables, stick with ones that are high in carotenoids.

On the Reboot with Joe website (rebootwithjoe.com), juicing experts tell us that, "carotenoids are made by the plant and once we have ingested these nutrients, they travel into the bloodstream and are distributed into the skin and other organs. These



Want a quick way to get the benefits of fruits and vegetables? Try using a juicer. NEWS CANADA

nutrients concentrate in the skin, giving us a lovely skin

tone and offer protection from the damaging effects of

UV radiation."

Fruits and vegetables that

contain carotenoids including beta-carotenes and lycopenes, the anti-oxidants credited with putting a glow on the skin, are: carrots, mango, sweet potato, pumpkin, red and yellow peppers, tomato, watermelon, pink grapefruit, apricots, peaches, spinach and papaya. A fast and effective way to consume an abundance of fruits and vegetables is through juicing.

Juicing extracts key nutrients from the vegetables and fruit into an easy-to-consume form, making them easy to absorb. If you need some guidance on purchasing the equipment, retailers point to the popular Breville Juice Fountain Plus.

It's a dual-speed juicer with a specialized disc that extracts more nutrients than other choices. Along with increasing your natural glow, juicing and consuming more carotenoids will also bring benefits to your vision health, may prevent cataracts, support a healthy immune system, keep mucus membranes of your respiratory tract healthy and reduce the risk for some cancers. NEWS CANADA

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This study has been approved by the Conjoint Health Research Ethics Board, University of Calgary. Ethics ID: 23757 & 23869

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# Mussels: art of simplicity



**ROSE REISMAN**  
for more, visit  
rosereisman.com

These simple and delicious Mussels with Tomatoes, Basil and Garlic can be either an appetizer or a main meal.

Serve the dish with a wholegrain French or Italian loaf to mop up the flavourful juices.

## Ingredients

- 2 lb mussels in the shell
- 1 1/2 tsp vegetable oil
- 3/4 cup finely diced onion
- 3/4 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced zucchini (optional)
- 2 tsp crushed fresh garlic
- 1 can (14 oz) tomatoes, drained and chopped
- 1/3 cup dry white wine or fish stock
- 2 tbsp tomato paste
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1/3 cup chopped fresh basil



This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

1. Discard any mussels that don't close when tapped. Scrub the mussels under cold water and pull off the beards. Set the mussels aside.

2. Spray a large non-stick saucepan with cooking oil, add the vegetable oil and place over

medium-high heat. Add the onions, bell pepper, zucchini (if using) and garlic; sauté for 5 minutes. Add the tomatoes, wine, tomato paste, dried basil and oregano; cook on medium heat for 10 minutes, stirring occasionally until sauce thickens slightly.

3. Add mussels. Cover and cook until mussels are fully open, 4 to 5 minutes. Discard any that do not open. Arrange in individual bowls and pour sauce overtop. Garnish with basil. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

## Health Solutions

### Spring a leek today



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Any day now we are going to start seeing a spring crop of leeks.

And, like the middle child, they do require some effort (sorry middle kids) but pay dividends in the end.

Clean them up, treat them properly and you will never look back to plain old onions again.

• When cleaning leeks, it is best to cut them lengthwise into semi cylinders rather than rings. Cold running water between the layers removes the grit better so you won't

feel like you are eating a sandbox.

• Pan fry in butter with high heat to help brown and crisp the delicate fibres or they can become a slimy mush.

• Think about cooking a double batch and storing in the fridge to top soups, pastas and pizzas all week long much like caramelized onions ... only better.

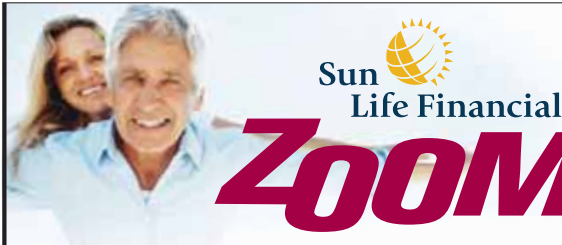
Leeks provide more vitamin C, iron, Vitamin A and fibre than an equal amount of onion, but their unique, milder flavour really hits home on a cold, rainy day.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



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# I'm sorry for sleeping with your girlfriend, and other apologies

## Memoir.

Columnist says we try our best but we all mess up — yet we're all deserving of forgiveness

Dave Bry is a professional apologizer, first in a Dear (Person He's Wronged) column online and now a letter-by-letter memoir of messing up and making amends.

Out Tuesday, Bry's Public Apology is stuffed with wrongs, from the foibles of an anxious, surly tween in New Jersey to the regrets of a 20-year-old who drinks and does drugs too much, losing his father to cancer at a crucial time in his youth.

Could you fill a book with apologies? Bry has no trouble.

Through high school in Little Silver, N.J., Bry spends a lot of time apologizing for bad behaviour at school as

he set a record for detentions and tried to lose his virginity. He succeeds with the girlfriend of a classmate. And he's sorry.

A victim of the recession, the 42-year-old Brooklyn dad of an 8-year-old son started writing his Public Apology column at the culture site The Awl in 2009, as he lost a magazine job and got his freelance writing career off the ground. About 40 per cent of the book is repurposed columns.

Bry hopes others will join him in apologizing — on a Tumblr called the Public Apology Project. Ahead of the book, from Grand Central Publishing, just a handful of people had taken up Bry on his offer of anonymity to set things right in their own lives.

**Was the idea for the book to share something of yourself beyond the usual memoir?**

I'm a little reluctant to talk about it in terms of getting

weight off my shoulders, confessing for the sake of (alleviating) guilt. In my least generous look at it, I'd call it a gimmick. But I relate well to other stories told in the first person, that feeling of, 'Oh man, it could have come out of my own head.' The loftiest goal of the book would be that people might relate to it and remember, 'Oh my god, I remember when I did that stupid, embarrassing thing, and I remember when I was such a jerk and I've been beating myself up about it since.' It's nice to know that other people feel that way.

**Were you trying to get in touch with your previous selves?**

I think about the stuff that I've done wrong a lot. I'm a real harsh judge of behaviour, probably most harshly my own. I look at my behaviour pretty closely and

look back on things and can identify many, many times in my life that I screwed up. I think I've always been looking back five years and thinking, 'Oh my god, thank god I'm not that same person. I was such an idiot.'

**Do you have more to apologize for than the average person?**

No. The way that I look at it is that we're all pretty much the same, and some of us maybe will feel more guilty about stuff, and maybe get more hung up. I think my northeastern Jewish upbringing made me lean in that direction, toward the kind of Woody Allen, hand-wringing guilt. But I think everyone's equally guilty, except the extreme examples. Basically, I think, we're all trying to do our best in this world, and we all mess up a lot. The flip side is we're all deserving of forgiveness.

THE ASSOCIATED PRESS



Dave Bry, author of *Public Apology: In Which a Man Grapples With a Lifetime of Regret, One Incident at a Time*. GRAND CENTRAL PUBLISHING / THE ASSOCIATED PRESS

## Can you claim income tax credits for an infirm family member?



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

Millions of Canadians are caregivers but are confused about whether they can claim caregiver tax credits for the elderly. This Metro reader is one of them:

**"My mother is 80 and lives with me. Her income from OAS and GIS (guaranteed income supplement) is \$15,000. She can still do the daily basic necessities but her hearing is poor. I assist her with doctor appointments and ensure she is taking her daily medication. Can I claim any credits?" T.E.**

It's a bit of a puzzle because there are three "caregiver" credits under the category, Supporting Other Infirm Adults, meaning other than a spouse.

These include line 305 (amount for eligible dependent), line 306 (amount for in-

### Growing issue

2.7 million Canadians care for an elderly family member or friend.

firm adults age 18 or older) and line 315 (caregiver amount).

Line 315 is the most likely credit for you. The caregiver amount is \$4,402 for a dependent who is not infirm and \$6,402 if the person is infirm. The non-refundable tax credit is phased out when net income exceeds \$21,435 for the infirm and \$19,435 for those who are not infirm.

Line 305 (amount for eligible dependent) used to be called the equivalent to spouse amount. You must be single and have your mother living with you. This credit is phased out when net income exceeds \$10,822 for those who are not infirm and \$12,822 for those who are.

You should talk to your



There are several caregiver tax credits available to taxpayers. ISTOCK IMAGES

mother's doctor to find out how she might be classified. The definition of infirm is hazy and somewhat subjective. If she's considered infirm, the line 306 tax credit also applies.

Also, if your mother's hearing loss qualifies her for the Disability Tax Credit (DTC), it could be transferred to you to reduce your taxes. A

health professional will need to fill out the DTC application form, T2201, at cra-arc.gc.ca/E/pbg/tf/t2201.

Be aware that disability is a specific condition according to the CRA. One can be disabled but not infirm, and vice versa.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

## Personal finance. Here's how women can take control of their money

For more than a century the financial services industry has focused on men as the primary target for individual insurance and retirement savings.

According to a study by the Boston Consulting Group, Canadian women control 67.2 per cent of all household spending. That's a lot of purchasing power in our economy.

"What's interesting is that while many women today are able to assert their independence through their lifestyle and career choices, many still find personal financial planning to be very stressful," said

Janey Leslie, a certified financial planner with Desjardins Financial Security.

First, think about what you would need financially to protect your family in case of an emergency such as an illness or a job loss.

Second, know where your money's going. Review your budget to identify any wasteful spending and make a goal of paying down your debt once and for all.

Third, create a savings plan for your retirement and for a rainy day

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NBA

## Heat move within six of Lakers' record

LeBron James left one rebound shy of a triple-double, feigning a bit of frustration as he checked out of the game.

That's about all the Miami Heat could complain about these days.

James finished with 24 points, 11 assists and nine rebounds, and the Heat won their 27th straight game by running away in the final minutes to beat the Orlando Magic 108-94 on Monday night.

The Heat now are within six games of matching the 1971-72 Los Angeles Lakers for the longest winning streak in NBA history.

THE ASSOCIATED PRESS



Heat forward LeBron James  
GETTY IMAGES

FIS

## Riddle captures Crystal Globe

Sherwood Park's Mike Riddle claimed the Crystal Globe as the world's top male halfpipe skier on the FIS circuit after winning the final World Cup event of the season Monday.

It was a successful last event for Alberta, with Calgary's Rosalind Groenewoud winning gold in the women's halfpipe and Noah Bowman, also from Calgary, earning bronze for his first medal of the season. THE CANADIAN PRESS

# Flames face tough road to the playoffs

**NHL.** Calgary, 0-8-1 over last nine away games, to take on league's top-ranked team in Chicago

The Calgary Flames face a monumental task if they hope to get back into playoff contention this season.

They've got five points to make up between themselves and eighth-place Dallas, and the climb starts with a road game against the league-leading Chicago Blackhawks on Tuesday night. The Flames (12-14-4) have lost nine straight decisions on the road, going 0-8-1 during that span.

"We know how good and how strong this (Chicago) team is, but at the same time, we focus on our team," Flames coach Bob Hartley said Monday, a day after Calgary's 3-2 home win over St. Louis. "Looking at our situation, we're five points away from eighth spot (in the NHL's Western Conference) with a game in hand."

"Obviously we've been saying this for a long time now, but the only way that we're going to be able to get back in the pack is to win at home and to win on the road. We've been winning at home, but now we have to turn it around on the



Calgary Flames goalie Miikka Kiprusoff makes a save against Justin Abdelkader of the Detroit Red Wings in a 5-2 win at the Scotiabank Saddledome on March 13. Winning at home hasn't been an issue for the Flames, but it has been on the road. MIKE RIDWOOD/GETTY IMAGES

road."

The Flames have won seven straight at home, but they need to figure out how to replicate that success away from the Scotiabank Saddledome.

"It's a mental thing," said netminder Miikka Kiprusoff following a 36-save first-star performance in the win over the Blues. "We feel good at home because we have good

fans here. You need to be able to win road games if you want to make the playoffs in this league."

For the Flames to end their road woes, Hartley said his players have to put aside all distractions.

"I've been telling the players for the last week: our only motivation, the only thing we need to look at, is at the standings," Hartley said. "Never mind anything else. Never mind power-play percentage, (penalty-kill) percentage, face-off percentage, save percentage. Who cares? It's all about the standings. If we don't go up within a week or two, we

might be out."

Those distractions include speculation that captain Jarome Iginla could waive his no-movement clause, allowing the Flames to deal him prior to the NHL's trade deadline on April 3.

"That shouldn't be any surprise for anyone in this organization," Hartley said. "It's the time of year. At the same time, we knew with our players that would happen."

"For me, it's business as usual. You just have to keep going. That's part of being a hockey coach, that's part of being a hockey player."

THE CANADIAN PRESS

Quoted

**"You never know the outcome. There's no easy two points in this league anymore."**

Bob Hartley on the Flames' win on Sunday over the Blues in which they were outshot 38-17.

# 4 SPORTS

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Jarome Iginla celebrates his game-winning goal with teammates Mark Giordano and Alex Tanguay on Sunday during third-period NHL action against the St. Louis Blues in Calgary. Trade rumours continue to surround Iginla, who has seen interest from Pittsburgh, Los Angeles, Chicago and Boston. JEFF MCINTOSH/THE CANADIAN PRESS

## Golf. Tiger climbs back atop the world rankings with win at Bay Hill

Tiger Woods is back to No. 1 in the world with a game that looks as good as ever.

Woods walked off the 18th green on Monday waving his putter over his head — his magic wand this week at Bay Hill — to acknowledge the fans who have seen this act before. He won the Arnold Palmer Invitational for the eighth time to tie a PGA Tour record that had not been touched in 48 years.

This win had extra significance. It returned Woods to the top of the world ranking for the first time since the final week of October 2010, the longest spell of his career.

"It's a byproduct of hard work, patience and getting back to winning golf tournaments," he said.

Woods never let anyone closer than two shots in the final round at Bay Hill that was delayed one day by storms. With a conservative bogey he could afford on the last hole, he closed with a 2-under 70 for a two-shot win over Justin Rose.

Next up is the Masters, where Woods will try to end his five-year drought in the majors.

Rickie Fowler pulled to within two shots with a 25-foot



Tiger Woods GETTY IMAGES

birdie putt on the 14th hole, but after he and Woods made bogey on the 15th, Fowler went at the flag on the par-5 16th and came up a few yards short and into the water. Fowler put another ball into the water and made triple-bogey.

Fowler had to settle for a 73 and a tie for third with Mark Wilson, Keegan Bradley and Gonzalo Fernandez-Castano.

Rory McIlroy had been No. 1 since he won the PGA Championship last August. He can reclaim the No. 1 ranking by winning the Houston Open this week.

THE ASSOCIATED PRESS

### Tiger subdued

## Snarl buried below the surface



CATHAL KELLY  
Special to Metro

He was never very giving of himself. Having returned to the top on his knees, Tiger Woods gives nothing any more.

"How does it feel, after all this time?" Woods was asked, seconds after winning the Arnold Palmer Invitational. If ever there was a moment to look back from the top and appreciate the difficulty of the climb, this seemed like it.

"It's a byproduct," Woods said evasively, and with an odd hint of menace. "A byproduct of hard work."

The game has returned, but the swagger that once accompanied it is gone. Woods is 37 years old. He looks younger. He plays older.

GO TO METRONWS.CA/  
VOICES FOR MORE FROM  
CATHAL KELLY ON TIGER  
WOODS.



# What's on the table for Iggy?



THE HOCKEY  
NEWS  
Brian Costello  
calgary@metronews.ca

As the Flames embark upon the bold and necessary move of trading Jarome Iginla, the obvious question for Calgary fans is what the team can expect in return.

I was disappointed to hear there are just four teams in the running. Pittsburgh has the best crop of prospects, mostly defencemen, but the Penguins have already loaded up with Brenden Morrow and Douglas Murray. There's still room on the Pens for Iginla, but is the appetite there?

Of the other three teams purported to be on Iggy's wish list, I see Los Angeles to be the least interesting because the Kings don't have a lot to offer. For one, L.A. doesn't

have a first-round pick in 2013 because of the Jeff Carter trade with Columbus last year. A minimum return that Calgary should expect for Iginla is a first-round pick (late because that's where the contenders draft) and a top prospect.

There's nothing special about L.A.'s top prospects. Tyler Toffoli has decent upside as a scoring winger and was rated 65th in THN's Future Watch. Derek Forbort is a college defenceman drafted in the first round of 2010. He has flatlined. So without the first pick to include, the Kings can't offer enough.

I'm not convinced Chicago is willing to give up a young winger like Brandon Saad (ranked 33rd in Future Watch) who is mature, strong and capable of playing a top-six role, like he has with the Hawks. Chicago's next four prospects are centres, a position both

the Hawks and Flames need beefing up. Teuvo Teravainen is the best, ranked 34th in Future Watch, but the Flames passed on him last June. Phillip Danault, Mark McNeill and Brandon Pirri are mid-range prospects with third-line upside. Chicago does have its first-round pick in 2013 to sweeten the pot.

Boston is the other likely destination for Iggy. And maybe with the Pens rolling up their sleeves the past few days, the Bruins have no choice but to overpay. But with 19-year-old future stud Dougie Hamilton an untouchable, what else is left to offer? Boston's only other top-flight prospect is goalie Malcolm Subban, who the Flames have no interest in waiting for. Prospect forwards Alexander Khokhlachev, Ryan Spooner and Jared Knight are all of the middling variety. And Boston does own its first-round pick.

### NBA

#### EASTERN CONFERENCE

	W	L	Pct	GB
y-Miami	56	14	.800	—
x-Indiana	44	27	.620	12½
x-New York	42	26	.618	13
x-Brooklyn	41	29	.586	15
Chicago	38	31	.551	17½
Atlanta	39	32	.549	17½
Boston	36	33	.522	19½
Millwaukee	34	35	.493	21½
Philadelphia	27	42	.391	28½
Toronto	26	44	.371	30
Washington	26	44	.371	30
Detroit	24	47	.338	32½
Cleveland	22	47	.319	33½
Orlando	18	53	.254	38½
Charlotte	16	54	.229	40

#### WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	53	17	.757	—
x-Oklahoma City	52	19	.732	1½
x-L.A. Clippers	48	22	.686	5
x-Denver	49	23	.681	5
x-Memphis	47	23	.671	6
Golden State	40	31	.563	13½
Houston	39	31	.557	14
L.A. Lakers	36	34	.514	17
Utah	34	36	.486	19
Dallas	34	36	.486	19
Portland	33	37	.471	20
Minnesota	24	44	.353	28
New Orleans	25	46	.352	28½
Sacramento	25	46	.352	28½
Phoenix	23	48	.324	30½

#### Monday's results

Indiana 100 Atlanta 94  
Washington 107 Memphis 94  
Miami 108 Orlando 94  
New Orleans 110 Denver 86  
Utah 107 Philadelphia 91  
L.A. Lakers at Golden State  
Sunday's results  
Atlanta 104 Milwaukee 99  
Miami 109 Charlotte 77  
Houston 96 San Antonio 95  
Chicago 104 Minnesota 97  
Oklahoma City 103 Portland 83  
Dallas 113 Utah 108  
Brooklyn 102 Phoenix 100  
Philadelphia 117 Sacramento 103  
Tuesday's games — All times Eastern  
New York at Boston, 7 p.m.  
Minnesota at Detroit, 7:30 p.m.  
L.A. Clippers at Dallas, 9:30 p.m.

### NHL

#### EASTERN CONFERENCE

##### ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	33	25	8	0	116	84	50
New Jersey	33	15	11	7	82	89	37
NY Rangers	31	15	13	3	73	76	33
NY Islanders	32	14	15	3	93	105	31
Philadelphia	31	13	16	2	82	94	28

##### NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	31	21	7	3	89	66	45
Montreal	31	20	6	5	98	77	45
Ottawa	33	18	9	6	86	72	42
Toronto	33	17	12	4	99	95	38
Buffalo	32	13	15	4	86	100	30

##### SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	33	17	14	2	84	98	36
Carolina	30	15	13	2	85	86	32
Washington	32	15	16	1	92	90	31
Tampa Bay	32	13	18	1	103	98	27
Florida	33	9	18	6	78	116	24

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

#### Monday's results

Boston 3 Toronto 2 (SO)  
Nashville 3 Edmonton 2  
Ottawa 3 New Jersey 2 (SO)  
Los Angeles 5 Chicago 4  
Minnesota 7 Dallas 4  
Detroit at Phoenix  
San Jose at Anaheim  
Sunday's results  
NY Islanders 3 Florida 0  
Washington 3 NY Rangers 2 (SO)  
Pittsburgh 2 Philadelphia 1 (OT)  
Calgary 3 St. Louis 2  
Detroit 2 Anaheim 1  
Winnipeg 3 Tampa Bay 2  
Vancouver 3 Colorado 2  
Tuesday's games — All times Eastern  
Montreal at Pittsburgh, 7 p.m.  
Florida at Toronto, 7 p.m.  
NY Islanders at Washington, 7 p.m.  
Winnipeg at Carolina, 7 p.m.  
Buffalo at Tampa Bay, 7:30 p.m.  
NY Rangers at Philadelphia, 7:30 p.m.  
Edmonton at St. Louis, 8 p.m.  
Calgary at Chicago, 8:30 p.m.  
Columbus at Vancouver, 10 p.m.

#### WESTERN CONFERENCE

##### CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	30	24	3	3	102	66	51
Detroit	32	16	11	5	87	81	37
St. Louis	31	17	12	2	92	86	36
Nashville	32	13	13	6	80	86	32
Columbus	32	13	13	6	75	85	32

##### NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	32	17	9	6	87	85	40
Minnesota	30	18	10	2	79	71	38
Edmonton	30	11	12	7	72	88	29
Calgary	30	12	14	4	85	103	28
Colorado	31	11	16	4	79	100	26

##### PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	31	22	5	4	101	78	48
Los Angeles	31	17	12	2	88	76	36
Dallas	31	15	13	3	83	90	33
San Jose	30	13	11	6	71	79	32
Phoenix	31	13	14	4	80	87	30

#### SCORING LEADERS

	G	A	Pt
Crosby, Phg	14	39	53
Stamkos, TBL	22	19	41
Kunitz, Phg	19	22	41
St-Louis, TBL	7	33	40
Kane, Chi	16	22	38
Getzlaf, Ana	12	24	36
Staal, Car	14	21	35
Tavares, NYI	19	15	34
Kadri, Tor	14	20	34
Ribeiro, Wash	10	24	34
Vanek, Buf	16	17	33
Moulson, NYI	11	22	33
Datsyuk, Det	10	23	33
Ladd, Win	14	18	32
Voracek, Phi	13	19	32
Duchene, Col	12	20	32
Ovechkin, Wash	16	15	31
Parenteau, Col	14	17	31
Zetterberg, Det	8	23	31
Neal, Phg	17	13	30
Toews, Chi	15	15	30
Kessel, Tor	10	20	30

Monday's games not included





## Horoscopes

### Aries

March 21 - April 20

Taking care of other people's needs may be a chore you would prefer to avoid but it has to be done. You may even be surprised to discover you actually quite enjoy the experience.

### Taurus

April 21 - May 21

You may be desperate to know what's going on but don't let others know or they'll play games with you. Pretend you don't care and they'll let you in on the joke.

### Gemini

May 22 - June 21

With Jupiter, planet of good fortune, transiting your sign and linked to Mars, there is no way you can lose. Even if you do end up a few dollars out of pocket, you will make up for it in other ways.

### Cancer

June 22 - July 23

The planets make it clear that the right time to boost your standing is today. Someone in a position of authority will look kindly on your bid for a promotion or a raise, but only if you make that bid now.

### Leo

July 24 - Aug. 23

You know what is right and you know what is wrong, so what's the problem? The planets are asking you a simple question: Do you act according to your higher or your lower nature? So, what's your answer?

### Virgo

Aug. 24 - Sept. 23

You may not see a direct link between what you do for someone today and what others do for you tomorrow, but it is there. It's a law of the universe that if you help others, you also help yourself.

### Libra

Sept. 24 - Oct. 23

You won't have to work hard to get what you want today. With Jupiter transiting one of the best areas of your chart, many things come easy to you. Think what you might achieve if you make a serious effort.

### Scorpio

Oct. 24 - Nov. 22

You may seriously be thinking about giving up on your quest. Don't! You may still be some way to from the place you want to be but half your journey is already behind you.

### Sagittarius

Nov. 23 - Dec. 21

It may look as if some people have been less fortunate than you but there is no reason why you should feel guilty about it. Be the best you are at what you do and set an example.

### Capricorn

Dec. 22 - Jan. 20

Don't interfere in a situation that has nothing to do with you. However pure your intentions, you will most likely annoy a friend or relative and may even make the situation worse than it was before.

### Aquarius

Jan. 21 - Feb. 19

You feel you should be doing something more, something that has meaning. Has it not occurred to you that just being yourself is enough? Maybe you are standing too close to yourself to see it.

### Pisces

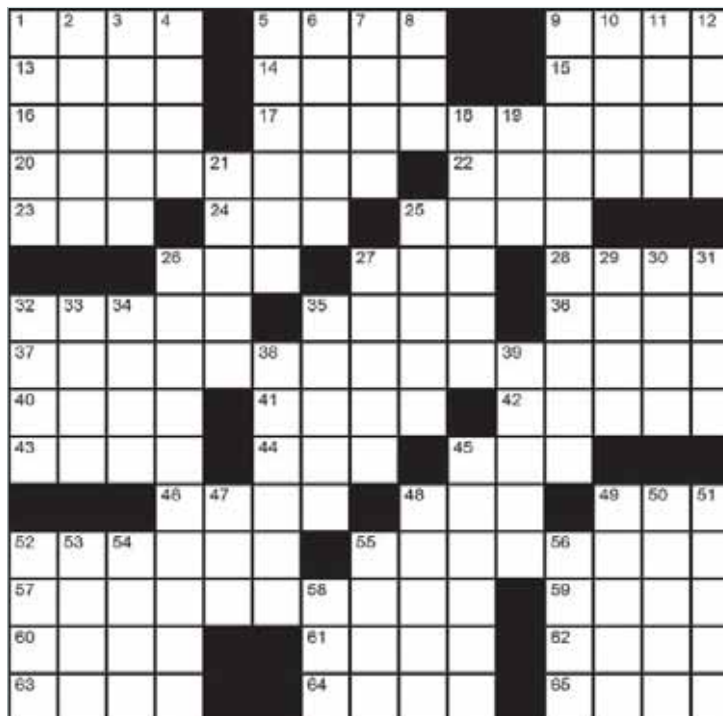
Feb. 20 - March 20

You can devote the day to pleasure or to work —the choice is yours alone to make. Whichever course you choose, some people are sure to complain but you must ignore them. Their pleasure, it seems, is complaining. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. Pink Floyd's "Comfortably \_\_\_"
5. Gremlins
9. Operation-giver, for short
13. "Are you \_\_\_ out?": 2 wds.
14. Say \_\_\_ (Deny): 2 wds.
15. "Dynamite" singer Mr. Cruz
16. "Star Trek: Deep Space \_\_\_"
17. "Run Run Run" band from Toronto
20. Canadian fashion brand: 2 wds.
22. Flood-stoppers
23. Bug
24. Half of two
25. Feeling
26. Protrude
27. \_\_\_ Engr.
28. Herb
32. Mixtures
35. Compete on ABC's "Splash"
36. Puccini aria: "\_\_\_ Babbino Caro"
37. RCAF's CF-18: 2 wds.
40. Store door sign
41. South's opposite, in French
42. Curses
43. Swedish artist, Anders \_\_\_
44. Aunt: Spanish
45. Iceland band, Sigur \_\_\_
46. House's back or front area
48. Endings for many Y-ending words when



### Down

1. "Teenage Mutant \_\_\_ Turtles"
2. Toronto's \_\_\_ Station
3. French impressionist, Claude \_\_\_
4. Brief: French
5. Tab key function
6. Kind of code
7. Memphis deity in

60. Bryan Adams' "18 \_\_\_ Die"
61. Comic strip, \_\_\_ and Janis
62. Tehran's locale
63. Dutch city
64. "As if!": 2 wds.
65. Richie's mom to Fonzie, \_\_\_

## Yesterday's Crossword

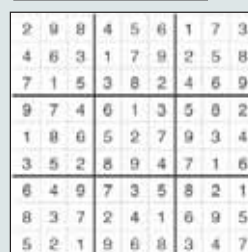


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

### TODAY



MAX: 5°  
MIN: -9°

### WEDNESDAY



MAX: 9°  
MIN: -6°

### THURSDAY



MAX: 6°  
MIN: -2°

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